

DINNERLY



June Brunch Special!

Coconut and Caramelised Banana Porridge



20 minutes



2 Servings

With tropical flavours of caramelised banana and coconut set against a creamy porridge backdrop, this warming bowl of goodness is the ultimate winter breakfast or brunch. Better yet, it's on the table in 20 minutes and, because it's made with coconut milk instead of regular milk, it's vegan too.

WHAT WE SEND

- 80g shredded coconut¹⁷
- 70g rolled oats¹
- 1L coconut water
- 200ml coconut milk
- 2 bananas
- 2 tbs maple syrup

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 tsp olive oil

TOOLS

- medium frypan
- medium saucepan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 885kcal, Fat 52.1g, Carbs 90.3g, Proteins 11.7g



1. Toast coconut

Put **half the coconut** in a cold medium frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan, reserving the pan.



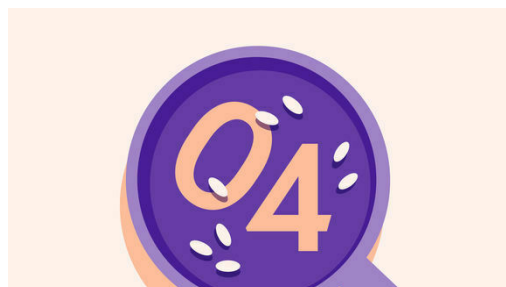
2. Start porridge

Combine the **oats**, **half the coconut water***, **remaining coconut** and a **pinch of salt** in a medium saucepan over high heat and bring to the boil.



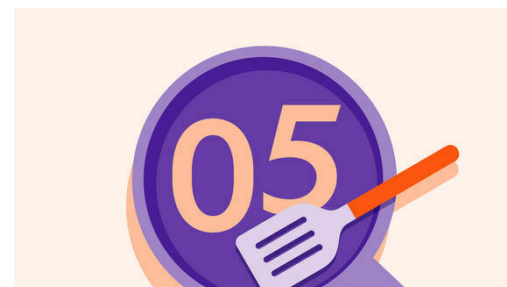
3. Simmer porridge

Reduce the heat to medium-low and cook, stirring regularly, for 8-10 mins until thick and creamy (see Kitchen 101). Stir in **160ml (2/3 cup) coconut milk**. Remove the pan from the heat.



4. Caramelize banana

Meanwhile, halve the **bananas** lengthwise. Heat **2 tsp olive oil** in the reserved pan over medium heat. Cook the banana, turning, for 2-3 mins until caramelised. Remove the pan from the heat.



5. Serve up

Divide the **porridge** among bowls and top with the **caramelised banana** and **toasted coconut**. Drizzle with the **maple syrup** and **remaining coconut milk**. Enjoy!



6. Kitchen 101

If the porridge is becoming too thick before it's fully cooked, stir in a little more coconut water.